My focus is on male wellness, which includes understanding moral injury, dealing with how men are taught to cope in ways that are hurtful to them as well as how men often struggle in areas of self-esteem, employment, relationships, parenting, isolation and substance use. I will also advocate to help get men’s issues in the spotlight and create space to promote men’s bonding and mental health.

I help people identify and move towards their goals by helping you determine what you want out of your life. When appropriate, I will challenge you in a sensitive and helpful manner.

My approaches:

*Humanistic:* I am empathetic, non-judgmental and patient. I will provide the time and space to truly listen and understand you. I recognize how society and circumstances impact behavior and choices and prioritize building relationships with people where they feel safe, comfortable and validated. I believe it is paramount to overcome stigma and shame; I relay that mental health challenges are a normal part of being human. Life is not easy. We all need help at times. It takes courage to ask and get help. I want to see the good in people. Also, I truly appreciate finding and using humor to fit in with therapy and to assist with healing.

*Recovery oriented, strengths-based, person centered*: I will learn about your environment and circumstances and how that may contribute to behavior and choices and I appreciate why people may use maladaptive coping strategies (addiction, anger) to deal with stress. I steer away from therapeutic approaches that may cause the you to feel unheard or unvalidated.

*Trauma informed* – I have extensive history working with veterans with history of childhood, combat and sexual trauma. I understand how trauma can shatter one’s sense of safety and trust in others. I will create a safe environment, built on caring and understanding where you can open up and rely on me.

*Cognitive behavioral therapy and Problem Solving.* I am very skilled at helping you question your thoughts and perceptions of problems to help see it in a new context or light. I may use Socratic questioning to help you explore how your thoughts are impacting your feelings, perceptions and beliefs. By creating different ways of viewing situations I can help you effectively problem solve.

*“Throughout this time he was developing his psychological perspective and formulating his approach to therapy, which he initially dubbed “nondirective therapy,” but is better known today as client-centered or person-centered therapy. In 1942 he wrote the book*Counseling and Psychotherapy,*where he proposed that therapists should seek to understand and accept their clients, because it is through such nonjudgmental acceptance that clients can begin to change and improve their well-being.”*

-[Carl Rogers: Founder of the Humanistic Approach to Psychology (thoughtco.com)](https://www.thoughtco.com/carl-rogers-4588296)